



### Product Spotlight: Tomatoes

Although tomatoes are fruit – nutritionally, they look more like vegetables. They are low in calories and rich in a number of nutrients that are good for your health.



## Stacked Beef Burgers

Soft burger buns filled with all the classics – crisp lettuce, fresh tomato, avocado and juicy beef burger patties are complemented with a creamy spring onion and gherkin dip!



15 minutes



4 servings



Beef

27 January 2023

### Add your extras!

*Use up any spare salad ingredients you may have in the fridge! Sliced cucumber, capsicum, red onion, beetroot and pickles will all be delicious in this burger.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	37g	32g

## FROM YOUR BOX

HAMBURGER BUNS	4-pack
BEEF HAMBURGERS	4-pack
BABY COS LETTUCE	1
AVOCADO	1
TOMATOES	2
CARROT	1
SPRING ONION DIP	1 tub

## FROM YOUR PANTRY

oil for cooking, butter (optional) salt, pepper

## KEY UTENSILS

griddle pan or BBQ

## NOTES

You can season the beef patties with a spice of choice for a fun flavour. Cajun or Mexican spice rub would work well!

**No gluten option - hamburger buns are replaced with gluten-free burger buns.**



### 1. WARM BUNS (OPTIONAL)

Heat a griddle pan or BBQ over medium-high heat. Halve the buns and brush with **oil** or **butter**. Toast the cut sides for 1 minute until golden (cook in batches if needed). Set aside.



### 2. COOK THE BEEF PATTIES

Coat the hamburgers with **oil, salt and pepper** (see notes). Cook on the griddle pan or BBQ for 3-4 minutes each side or until cooked through.



### 3. PREPARE THE FILLINGS

Meanwhile, separate and rinse lettuce leaves (shred if preferred). Slice avocado and tomatoes. Grate or julienne carrot. Set aside.



### 4. FINISH AND SERVE

Assemble burgers at the table with spring onion dip, salad fillings and beef patties.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

